



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
COMMANDING GENERAL, UNITED STATES ARMY ACCESSIONS COMMAND/  
DEPUTY COMMANDING GENERAL FOR INITIAL MILITARY TRAINING  
90 INGALLS ROAD, BUILDING 100  
FORT MONROE, VIRGINIA 23651-1065

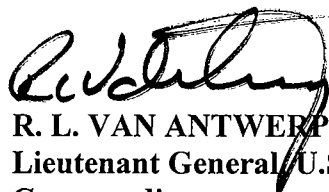
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**FEB 28 2005**

**MEMORANDUM FOR SEE DISTRIBUTION**

**SUBJECT: Revised Initial Entry Training (IET) Standardized Physical Training Guide, 04 Jan 05**

1. Effective immediately the revised IET Standardized Physical Training Guide, 04 Jan 05, is the new standard for conducting physical fitness training in IET. This guide supercedes the 01 Oct 04 version.
2. This revision responds to input from leaders across the IET community regarding fitness training specificity, increased rigor, and an emphasis on challenging the Soldier to meet the physical demands of Warrior Tasks and Battle Drills.
3. The U.S. Army Physical Fitness School is the specified proponent for Army Physical Fitness. The revised guide is available at [http://tngops.usaac.army.mil/iet\\_div.htm](http://tngops.usaac.army.mil/iet_div.htm). Questions concerning the revised guide should be directed to the Army Physical Fitness School, commercial (706) 545-6380/6339, DSN 835-6380/6339, or email: [usafs@benning.army.mil](mailto:usafs@benning.army.mil).



R. L. VAN ANTWERP  
Lieutenant General U.S. Army  
Commanding

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Commander, U.S. Army Maneuver Support Center, Fort Leonard Wood  
(cont)

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**SUBJECT: Revised Initial Entry Training (IET) Standardized Physical Training Guide,  
01 Oct 04**

**DISTRIBUTION: (cont)**

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